

A "Game" Killing and Injuring Teens and Preteens

The Choking Game

Warning Signs

Signs in the Youth may include:

- Frequent often severe headaches
- Inexplicable bruising or red marks around the neck
- Bloodshot eyes and/or Petechiae (tiny red dots) on face.
- Changes in attitude (overly aggressive)
- Disorientation and/or grogginess after being alone
- Unusual demands for privacy
- Curiosity about asphyxiation how's it feel what happens)

Signs in the home may include:

- Locked or blocked bedroom/bathroom doors
- Ligatures (bed sheets, belts, tee-shirts, ties, ropes) tied in strange knots and/or found in unusual places
- Internet history of websites or chat rooms mentioning asphyxiation or Choking Game
- Wear marks on furniture (ex: bunk beds, closet rods)

Other Names

5 minutes of Heaven ~ 7 Minutes 'Til Heaven ~ Airplaning ~ America dream (ing) ~ Black out ~ Black Hole ~ Breath Play ~ California High ~ Choke Out ~ Chocking (Game) ~ Cloud Nine ~ Dream (Game) ~ Elevator (Game) ~ Fainting game ~ Flatline game ~ Flat liner (Game) ~ Funky Chicken ~ Gasp (ing) (Game) ~ Hang (ing) Game ~ Hangman (Game) ~ Harvey Wall banger ~ High riser (Game) Hyperventilating ~ Knock-Out (Game) ~ Lions and Tigers ~ Pass(ing) -Out ~ Purple Dragon ~ Rising Sun ~ Rush ~ Sleeping Game ~ Sleeper Hold ~ Snuff (Game) ~ Something dreaming ~ Space cowboy ~ Space monkey ~ Speed Dreaming ~ Suffocation (Game) Suffocation roulette ~ Teen choking game ~ Tingling game ~ Twitching Game

What is the Choking Game?

This activity is not a Game! It's a traditional activity passed on for generations through whispers of typically 9-14 year old children on playgrounds, at school, camp, and from friends. The Choking Game is played in both in groups and by a single child. The object of the 'game' is asphyxiation, as in, to apply pressure to restrict oxygen and/or blood flow to the brain of the victim therefore creating a desired 'floaty', 'tingling', 'high' sensation. The 'high' are the cells of the brain seizing and beginning the process of permanent cell death. When the victim becomes unconscious, the pressure is released and the secondary 'high' of the oxygen/blood rushing to the brain is achieved. If the victim is alone - upon unconsciousness there is no one to release the

pressure and the victims own body weight continues to tighten the ligature usually resulting in death.



'Typical' Profile:

Unlike other risk-taking behaviors, self-choking often occurs among well-adjusted, high achieving students looking to have a sensational experience. 9 -16 is the most common age and it is predominantly male participants. Although younger and older adolescents along with females are involved.

WHERE DO THEY LEARN?

Friends , Neighbors & Siblings ,
THE INTERNET

CONSEQUENCES

Bruises / concussions after a fall
Seizures
Brain Death
Brain Damage
Retinal hemorrhaging
Stroke
UNEXPECTED DEATH

SIMILAR EXPERIENCES

Hanging upside down
Pressing arms against immovable barriers
Holding your breath
Breathing forcefully and rapidly
Hang gliding
Parachuting

Intervention / Prevention

What's the Attraction to Self- Inflicted Asphyxia?

- A brief sense of euphoria
- An altered state of consciousness
- Peer Pressure of a dare or game of chicken
- Enhanced erotic feelings
- Entertainment of watching peers lose consciousness/ behave erratically

PREVENTION

Talk about the dangers - Adolescents know about the game!

Adolescents feel it's 'just passing out' because it's not doing drugs or illegal.

Tell them that EVERY time they are risking DEATH -either their brain cells or themselves.